

MILTON KEYNES BASKETBALL ASSOCIATION

NEWSLETTER NO.2

DEC. 2007

The season is presenting all teams of M.K.B.A. with some challenges, so far we are rising to them! Keep working hard everyone and do not forget to enjoy yourselves!

ANNOUNCEMENTS:

Any day now.....Dinch (MK Old Boys coach & player) and Cecile (resting MK Ladies player) a third young Ay will join the world – (the best people are behind schedule at birth!)

CONGRATULATIONS TO:

Amy Riches (MK Speeders Coach & MK Ladies Cpt) on her engagement to James Rounce (sadly not a basketball player – YET).

PHOTO OF THE QUARTER



SECRETS TO SUCCESS: HEALTHY DIET AND SHOWING YOUR COACH THE RESPECT THAT THEY DESERVE!

CALLING ALL TEAMS! FRIENDS & FAMILY WELCOME!

BASKETBALL CLUB CHRISTMAS PARTY! SATURDAY DECEMBER 15TH!

BOWLING – 7.30-9PM

(2xGAMES +FOOD+ SANTA HAT - £14.95 each)

Tenpin: Milton Keynes Leisure Plaza, 1 South Row, Central MK, Bucks, MK9 1BL

QUASAR – 9.30PM

(1xgame £4, 2xgames £8, 3xgames £11)

CONTACT A.S.A.P – AOIFE (pronounced -eeefa) -

Aoife.Monahan@rexam.com

NEW CLUB WEBSITE PAGES UP & RUNNING

(More to come over the next few weeks)

GO TO WWW.MKBASKETBALL.ORG.UK TO
FIND OUT MORE.

PLEASE CLICK ON THE BIZRATE/SHOPZILLA LINK – our
main club sponsor this season

SENIOR TEAM BASKETBALL MID-SEASON MIXED-UP FUN SESSION

EVENING OF THURSDAY DECEMBER 20TH, MAIN
SPORTS HALL- 2HOURS

MK SPEEDERS (u16s) MID-SEASON FUN SESSION

SUNDAY DECEMBER 16TH, 3PM IN THE GYM

MK SPEEDERS – MATCH REPORT



PHOTO: MK SPEEDERS – the four founding players of the team

The U16s have now chosen a name for their team & have hosted their first game, a friendly against local team – MK Lynx. MK Lynx requested a mixed match so two of the younger ladies players stepped in to play in this friendly.

The game began brilliantly with the first two points scored by MK Speeders as Sam Rose took a confident drive to the basket from some quick forward passing after the tip-off. MK Lynx replied with some fast scoring in the first quarter. MK Speeders suffered from nerves early on in their first game against this more experienced team but coach Karl stepped in with some sound advice to help the team regain its confidence and battle on.

The second quarter saw an exchange of baskets at both ends, sadly in favour of MK Lynx as they built a respectable lead. During the half time break growing confidence from the team members and some advice from both junior team coaches resulted in a good start to the third quarter. Defense improved for the MK Speeders & some good attacking plays were executed. MK Speeders succeeded in regaining control of the game's pace & slowed the MK Lynx attack. The fourth quarter was particularly exciting. MK Speeders had lost earlier apprehensions completely & now were able to halt MK Lynx & perform strongly throughout the fourth quarter, MK Lynx advanced their lead no further, MK Speeders were able to close the gap. The atmosphere in the hall grew as players & parents became aware that the Speeders were on top for this final quarter. If only there was more time in this game!!! Final whistle blew and the game ended 48-22 to the MK Lynx.

A fantastic start for the team! More friendlies in the new year will bring further improvement this season for the Speeders. Players will be more than ready for the league next season! Keep up the hard work team!!

MK LADIES MATCH REPORTS



MK Ladies “Hands In”

CONTRIBUTOR: LADIES COACH, ANYA HIGGINS

Victory against Chiltern

What a turn up for the books! We played this team on a friendly basis the previous week at Aylesbury College and lost. After the disappointment of having been quite comprehensively beaten in their first ever game as a new team despite clearly being the better organised of the clubs, the two teams met once again and revenge was well and truly exacted!

This time we had some secret weapons- a coach, an assistant coach, 2 referees who actually knew what they were doing, less time to play each quarter and a bag of goodies from Amy. The combination was lethal and Chiltern didn't know how to handle us at all. Their coach did actually say afterwards “What on earth did you do to them in training in the week!?”

The ladies did a fabulous job working the zone defence superbly and boxing out to get rebounds. We actually ended up beating this team on our own merits regardless of the 5 bonus points awarded (we had a full squad of 10+, they only had 9). We had less fouls called on our team and 4 players- Amy, Shayda, Molly and Sheena all successfully managed to avoid the referees whistle! Aoife was our top scorer with 8pts, closely followed by Sharon, Kiet and Katie.

Great job everyone! I was absolutely delighted to see how happy you all were with your well deserved win! The excitement at the final whistle was just brilliant to see and hear.

A great start to the Ladies league season!

MK LADIES MATCH REPORTS



MK Ladies League Team

CONTRIBUTER: LADIES COACH, ANYA HIGGINS

Deficit to Dux

After waiting around for what seemed like an eternity watching the other teams play and eyeing up the talent on display!!! We eventually managed to play the DUX. Hmm, we weren't expecting too much here but were on a definite high and confidence was booming too so we all went strong into this game. Unfortunately poor Sally's foot gave up on her and she had to be rested for most of this game after bravely fighting her way through the pain barrier for the 1st match. This was a crucial factor for us in this game ☹️

The experience of this team and their expertise at set plays, quickly outweighed our lack of height overall and the DUX thought they were onto a cricket score over MKBA, however they had a 10 point deficit to claw back as again here was another team who no-one wants to play with so were deducted 10 points for not having enough players!!

MK held their cool and kept the lead for the first quarter but it was even Stevens at half time at 14-14. In the 3rd quarter they steam rolled 18 points on us using a high and low post play which we were unfortunately unable to contain. It was also during this quarter that our offence broke down a little and panic started to set in as the DUX quickly employed a full court press on us to accrue those extra killer points. Not even all the extra vocal support from Tiffany in the world was going to help!! ☹️

Dux might have won, but at the end of the day they didn't look like they were enjoying themselves too much now did they! I definitely could tell who did! We had a great day out; won some lost some and learnt a lot about ourselves in the making. We will only get better and our goal will be to increase our points tally on them the next time we play.

MK OLD BOYS I & II – PROGRESS SUMMARY

The Northants local league is proving hard work in both divisions for both of the club's men's teams. Both teams have tasted victory, making this a consistent way to end a game will come in future. With many new male players joining the club since the summer both men's teams forming this season have new faces among them. Defeating established opposition teams has been a challenge for all.

This season offers an opportunity for both men's teams to improve as the season progresses and to build spirit within the team. Each of the men's teams contains players with good individual skills. Combining the strengths of all the players of each team in a way that produces effective team performances in matches has been difficult at times, it is something that will improve with time and continuing hard work by the players. Team performance is something that will improve as players' knowledge of their team mates' abilities grows. There is no doubt that by the end of the season each of the men's teams will have developed some effective team offensive and defensive tools resulting in victories they can be proud of.

Right now I hope that all players are thoroughly enjoying matches and learning a great deal as a team. Keep up the hard work!



MK OLD BOYS - VOLUNTEERS NEEDED TO BE A TEAM PHOTOGRAPHER PLEASE. MATCH REPORTS FROM THE TEAMS ALSO WELCOME.

The usual "reliable" people who do that kind of thing are busy at the moment, can you help?

HOW CAN YOU HELP YOUR CLUB?

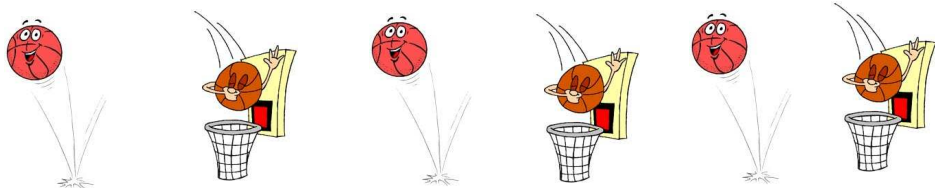
Keep playing, enjoy it!

The continuing successful operation of this basketball club and all its teams is reliant upon the efforts of volunteers within the club itself. Help, whether large or small, is *always* needed. Let someone know if you can help out with anything. A few ideas of the kind of thing are given below:

- Administration of basketball for U16s. – MUCH NEEDED INDIVIDUAL FOR THIS.
- Coordination of social events/occasions for your team
- Match photographer for your team
- Fundraising support – able to help with grant applications? Or coordination of our own club fundraising activities (for charity or for our own cause)
- If you fancy coaching, or being an assistant coach let you coach or captain know.
- If you wish to improve your own knowledge of the rules or wish to referee (for adults or for juniors in the local area) please again tell you coach or captain know.
- Everything that happens need volunteers to help make it happen – if you see something you think you can do and wish to help with let someone know (your coach for example)
- There is always more to be done, if you have any ideas at all please do tell

MKBA NEWSLETTER CALL FOR ARTICLES:

Any and all contributions you may have about the club or your team including match reports and action shots will be much appreciated in future. Please send all contributions for November's newsletter in an email to info@mkbasketball.org.uk Thank you.



ALL TEAM RESULTS – SO FAR THIS SEASON

MK OLD BOYS I – Northampton league, division 1

League games

Home Team	Score	Away Team
Wellingborough Phoenix Fire	61 : 64	MK Old Boys
MK Old Boys	77 : 82	Wellingborough Phoenix Flames
Wellingborough Phoenix Flames	85 : 52	MK Old Boys
Daventry Daves	47 : 72	MK Old Boys
MK Old Boys	52 : 76	Milton Keynes Lions III

MK OLD BOYS II – Northampton league, division 2

League games

MK Old Boys 2	66 : 78	Wellingborough Phoenix 3
Brackley Warriors	76 : 58	MK Old Boys 2
MK Old Boys 2	49 : 72	Brackley Warriors

MK OLD BOYS II – Northampton league, division 2

Cup games

MK Old Boys 2	61 : 87	Wellingborough Phoenix Flames
Bosworth College	67 : 76	MK Old Boys 2

MK Ladies - Warm-up friendly

Chiltern challengers	42 : 14	MK Ladies
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MK LADIES – BUCKS Central Venue Basketball League

League games

Chiltern Women	22 : 32	MK Ladies
MK Ladies	22 : 46	Aylesbury Dux Women

MK Speeders (U16s)- Friendly

MK Speeders	22 : 48	MK Lynx
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